

2013 California Dietary Practices Survey

Table 30: Reported Consumption of Sugar-Sweetened Beverages (SSBs)

About how often do you drink a can, bottle, or glass of regular soda that contains sugar?

About how often do you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid, Sunny D, Hawaiian Punch, or lemonade?

About how often do you drink a can, bottle, or glass of a sports drink like Gatorade, PowerAde, or Vitamin Water?

About how often do you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl?

About how often do you drink a coffee or tea with sugar, a sweetened hot espresso drink like a mocha, or a sweetened cold espresso drink like an iced mocha or Frappuccino?

	Percent Reporting Any SSB	Mean Times Drinking Sugar-Sweetened Beverages per Day
Total	85.7	2.2
Sex		
Male	89.3 ***	2.7 ***
Female	82.2	1.8
Age		
18 - 24	94.6 ***	2.9 c ***
25 - 34	95.1	2.9 c
35 - 50	88.5	2.1 d
51 - 64	80.9	2.1 d
65+	62.7	1.1 b
Ethnicity		
White	80.8 ***	2.0 a **
Hispanic	94.4	2.4 b
Black	84.6	2.4 ab
Asian/Other	92.4	2.7 c
Education		
Less than High School	94.8 ***	3.1 a ***
High School Graduate	89.4	2.5 b
Some College	88.6	2.4 b
College Graduate	72.7	1.2 a
Income		
Less than \$15,000	90.9 ***	2.6 c ***
\$15,000 - 24,999	90.1	2.5 c
\$25,000 - 34,999	84.2	2.1 c
\$35,000 - 49,999	78.3	2.2 c
\$50,000+	72.9	1.0 b
Overweight Status		
Overweight/Obese	87.3 **	2.3
Not Overweight	81.8	2.2
Physically Active		
Met Aerobic Recommendation	83.6 **	2.2
Did Not Meet Aerobic Recommendation	88.8	2.4
SNAP/CalFresh Status, % FPL		
Participant	91.0 ***	2.7 a ***
Likely Eligible, ≤ 130%	91.9	2.3 a
Not Eligible, > 185%	69.5	1.1 b

N=1496

¹ A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

² A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

** p<.01

*** p<.001

2013 California Dietary Practices Survey

Table 31: Reported Consumption of Healthy and Less Healthy Beverages

About how often do you drink a can, bottle, or glass of regular soda that contains sugar?

About how often do you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid, Sunny D, Hawaiian Punch, or lemonade?

About how often do you drink a can, bottle, or glass of a sports drink like Gatorade, PowerAde, or Vitamin Water?

About how often do you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl?

About how often do you drink a coffee or tea with sugar, a sweetened hot espresso drink like a mocha, or a sweetened cold espresso drink like an iced mocha or Frappuccino?

About how often do you drink a glass or bottle of water?

About how often do you drink a can, bottle, or glass of diet soda that does not contain sugar?

About how often do you drink a glass of milk?

	Mean Times			
	Sugar-Sweetened Beverages	Diet Soda	Water	Nonfat or Lowfat Milk
Total	2.2	0.2	5.1	0.2
Sex				
Male	2.7 ***	0.3	5.0	0.2
Female	1.8	0.2	5.2	0.2
Age				
18 - 24	2.9 c ***	0.2	4.8 cd ***	0.2
25 - 34	2.9 c	0.2	6.4 b	0.2
35 - 50	2.1 d	0.3	5.1 c	0.2
51 - 64	2.1 d	0.3	4.5 cd	0.2
65+	1.1 b	0.2	4.0 d	0.3
Ethnicity				
White	2.0 a **	0.3 a **	5.1 a **	0.3 a *
Hispanic	2.4 b	0.1 b	5.4 a	0.1 b
Black	2.4 ab	0.2 ab	5.0 a	0.2 ab
Asian/Other	2.7 b	0.2 ab	3.6 b	0.3 ab
Education				
Less than High School	3.1 a ***	0.1 a **	4.6	0.1 a **
High School Graduate	2.5 b	0.3 b	4.9	0.2 ab
Some College	2.4 b	0.2 ab	5.3	0.2 b
College Graduate	1.2 c	0.3 b	5.3	0.3 b
Income				
Less than \$15,000	2.6 c ***	0.3	4.8 a *	0.2 a *
\$15,000 - 24,999	2.5 c	0.2	5.0 ab	0.2 ab
\$25,000 - 34,999	2.1 c	0.3	5.4 ab	0.2 ab
\$35,000 - 49,999	2.2 c	0.2	4.9 ab	0.2 ab
\$50,000+	1.0 b	0.3	5.6 b	0.3 b
Overweight Status				
Overweight/Obese	2.3	0.3 **	5.3 *	0.2
Not Overweight	2.2	0.2	4.8	0.2
Physically Active				
Met Aerobic Recommendation	2.2	0.3	5.4 ***	0.3 **
Did Not Meet Aerobic Recommendation	2.4	0.2	4.4	0.2
SNAP/CalFresh Status, % FPL				
Participant	2.7 a ***	0.2	5.1	0.2 a **
Likely Eligible, ≤ 130%	2.3 a	0.3	4.6	0.1 a
Not Eligible, > 185%	1.1 b	0.3	5.4	0.3 b

N=1496; 1501; 1500; 1494

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001